

**INSIDE THIS  
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**LOCAL RUN/  
WALK EVENTS  
FOR JUNE/JULY**

Jun 3, 2015 Wednesday  
National Running Day 2 Mile Predict  
2M run Wichita, KS Sedgwick

Jun 6, 2015 Saturday Ark-  
lon Assault 5K Obstacle Run  
5K obstacle run Liberal, KS  
Seward

Jun 6, 2015 Saturday Big  
Blue River Days Run  
10K, 5K run | 1M fun run/  
walk Marysville, KS Marshall

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information on local events go  
to [www.runningintheusa.com](http://www.runningintheusa.com)

## SUSTAINABILITY

May 2015 Issue

### STAYING ON COURSE TO FITNESS GOALS

Captain Joshua Poling, U.S. Army Corps of Engineers



How many times have you started into a diet or workout routine and then life throws you a curve ball? One of the most challenging aspects to a healthy lifestyle is finding a niche that works for your health goals and then sticking with it. So many times in our daily routines we find a hurdle that instead of leaping over, we go around, changing our plans.

I have found through my military career, that I have had some ups and downs in my health and fitness levels. Moving around the country, change of pace with my daily duties, and extracurricular activities, all have lead to some reason or another I either increased or decreased in my personal health and fitness standards.

Though I have always maintained standards that exceeded what the military placed upon me, there were times when I wasn't meeting my personal standards. Looking back over the years, I can draw one strong conclusion; the healthiest I have been was the periods of time when I set a routine and stayed the course.

I hope that in reading this you are already drawing up plans in your head of how you could better stay the course, and then on the other shoulder sits the bad angel telling you that you are too busy to find time for your health goals. For whatever reason you can find for not setting and maintaining health and fitness goals, there is a solution. It is your responsibility and yours alone to know what you can and cannot do to be a healthier you. I am sure you have reasonable thoughts about what you can achieve and what seems out of reach, yet the results may surprise you if you just stick with your routine.

After reading this, take five minutes and write down five goals you would like to see yourself achieve; i.e. walk 30 mins. per day, drink 8 glasses of water, not eat those Oreos. I would venture to guess if you set five goals for the next month that involve a healthier life style and you stick with those goals, you will notice changes.

I can't challenge you after reading this to transform your life, but if you decide there is a healthier you out there and you make goals, I challenge you to stay the course!

## Here are a few tips that may help you explore more options into setting and maintaining a healthier you:

Captain Joshua Poling, U.S. Army Corps of Engineers



Something as simple as developing a schedule can boost your fitness goals.

Also, tracking what you put on your plate can help you reach those body weight goals.



- Set reasonable goals- Sure we all want to look like we were sculpted from granite, but setting goals that are obtainable will be more helpful. Once you reach those goals and your confidence builds, set new goals. If you know you have an hour before work that you read the newspaper, turn that into your workout time.
- Eating Habits- I can say with certainty that when I was trying to reach a desired weight or physique, exercise alone wouldn't get me to that point. Each person is going to react differently from the foods they put in their mouth, finding a diet that works for you is the key. Find one that helps you meet your goals and time crunches. Prepping meals for the following week might be time consuming on Sunday evening, but will open up time for other things like exercise throughout the week.
- Keep a log- If carrying a journal around logging what you put in your mouth during lunch and watching the clock on the treadmill sounds tedious, then I recommend you close your Facebook app on your phone and open up a fitness app. With so many apps for phones/tablets out there these days, finding one to help you keep track of your goals and milestones is as easy as picking up your phone.
  - Find a buddy- Working out with a partner pays major dividends. Not only are you relying on someone to be there for you, it puts a little added "pressure" on you to be there for them as well. Find someone who will motivate and push you and do them a favor and push right back. My workout buddy, my year old lab. I use my time walking him in the afternoon as another part of my daily exercise. If you have children, go out in the yard and play a little longer with them, teach them exercises, get them involved, it will be rewarding for both parties and you will also be teaching them a healthy lifestyle.
  - Don't give up- Quitting is easy. Don't be afraid to push yourself a little harder or further each day. Don't allow yourself to be satisfied with 25 minutes of working out when you had 30 minutes to exercise. Something came up at work and you had to cut into your workout routine, better take the stairs to that next meeting. You're not the only one counting on you to live a healthy life; friends, family and probably even your boss want you to be healthy so they can keep you around for years. Giving up on yourself is giving up on others.

## HELP YOUR CHILD STAY AT A HEALTHY WEIGHT— HEALTHFINDER.GOV

### The Basics

Help your child – and your whole family – eat healthy and stay physically active. The healthy habits your child learns now can last a lifetime.

#### **What can I do to help my child stay at a healthy weight?**

Help your child stay at a healthy weight by balancing what your child eats with physical activity. Two of the best ways to prevent your child from becoming overweight or obese are to:

Help your child eat healthier foods  
Be more physically active as a family

#### ***You are a role model.***

Parents are often the most important role models for children. When you choose to eat right and be physically active, your child will be more likely to make those choices, too.

Eating healthy and getting active as a family will also help you spend more quality

time together.

#### **Why do I need to worry about my child's weight?**

Being overweight or obese as a child can lead to serious problems, like:

Heart disease  
Type 2 diabetes  
Asthma  
Sleep problems  
Low self-esteem  
Getting bullied

Being overweight as a child increases the risk of being overweight or obese as an adolescent and young adult.

In other words, many kids don't "grow out of" being overweight.

Today, most adults – and about 1 in 3 children – are overweight or obese.

#### **How do I know if my child is at a healthy weight?**

Finding out your child's body mass index (BMI) is the best way to learn if he or she is at a healthy weight. Children grow at different rates, so it's not always easy to tell if your child is at a



healthy weight. Healthy weight is also defined differently for children and teens than it is for adults. Ask your child's doctor or nurse whether your child is at a healthy weight.

### Take Action!

Help your child make healthy choices and learn healthy habits.

#### **Ask the doctor to screen your child for obesity.**

Your child's doctor or nurse can calculate your child's BMI (body mass index) and say if your child is at a healthy weight. If your child is overweight or obese, ask the doctor or nurse to help you find a weight-loss program for your child.

- Look for a weight-loss program that includes counseling to help kids:
- Make healthy choices about food
- Get more physical activity

**Approximately  
17% (or 12.7  
million) of  
children and  
adolescents aged  
2–19 years are  
obese.**

## OTHER EDIBLE WILD PLANTS:

- Blackberries
- Cattails
- Reindeer Lichen
- Persimmon
- Yucca
- Various mushrooms (with caution)
- Wild Mustard
- Lamb's-quarters
- Wild Lettuce
- Dandelion Greens

It is always important to be sure of the items that you are ingesting. Be sure you can positively identify any type of wild plant that you decide to prepare for a meal. Many books and illustrations are available online to help with your search for wild meals.

## Take a walk on the WILD SIDE for healthy eating— Captain Joshua Poling, U.S. Army Corps of Engineers



Spring has sprung here in the Midwest and with that comes the growth of many different types of plants. One of the most sought after 'plants' in the area by wild food connoisseurs is the morel mushroom. These tiny fungi seem to disappear as quickly as they grow for those who take to the woods each spring to hunt the tiny sponge-like fungi.

The morel mushroom can be found across the United States and is considered a delicacy among many when eaten alone or paired with other dishes. The morel itself can be somewhat elusive to find under the forest undergrowth and tree canopy.

Morels can be found... well that is still up for debate. Depending on who you ask they will

tell you that morels have specifics as to conditions at which they like to grow. Some believe you should look in the valleys where moisture collects and sunlight is limited. Others will tell you to look near the base of maple trees as there is some mysterious connection. The fact is they can pop up where you least expect it; the morels pictured were found on the edge of a picked soybean field with direct sunlight and dryer soil conditions. Identifying the edible mushroom is the key. These mushrooms range in size from a couple inches in height to the size of 20oz soda bottles. Coloration varies with the mushrooms as well. They can range from brown to orange and from dark grey to white. As with any mushroom

**Some morel mushrooms spring up from a field edge in northern Missouri**

or wild plant, it is important to be sure of what you are ingesting. There are many books on the market that can help you identify wild edible plants.

Not only are these mushrooms a challenge to find, you will also find yourself covering lots of ground so mushroom hunting is great exercise. If you were new to hunting mushrooms I would venture out into your nearest wildlife management area or state park (check park restrictions) and start walking with your eyes peeled to the ground. You will find that the exercise combined with nature can be quite relaxing. You might even collect some dinner along the way.

**RECIPE OF THE MONTH:****ROASTED WILD TURKEY IN WHITE WINE WITH MUSHROOM PATE' STUFFING**

Modified from *Cy Littlebee's Guide to Cooking Fish and Game*

**Paté Stuffing** (*amounts are for 10-12 pound bird*)

- 1/4 cup butter
- 2 medium onions, chopped
- 1 cup chopped morels or button mushrooms (about 1/4 pound)
- 2 quarts fresh white bread crumbs
- 1/4 teaspoon pepper
- 1/4 cup chopped parsley
- 1 teaspoon salt
- 1 teaspoon dried thyme
- 1 teaspoon dried marjoram

**Ingredients for basting and later use:**

- 1 tablespoon salt
- 1 teaspoon pepper
- 1/4 cup olive oil
- 1 small onion, sliced
- 1 clove garlic, halved
- 2 whole cloves
- 1 bay leaf
- 1/4 teaspoon dried basil
- 1 can (10 1/2 oz.) condensed chicken broth
- 1/2 cup white wine

Melt butter in skillet and sauté onion and mushrooms until onion is tender, about 5 minutes. Turn into large bowl. Add bread-crumbs, parsley, salt, thyme, marjoram and pepper.

Preheat oven to 400F. Mix salt and pepper. Sprinkle part of mixture inside turkey. Spoon stuffing into neck and body cavity. Use twine to close cavity, fasten wing tips to body and tie ends of legs together. Place turkey, breast up, in a deep roasting pan with a tight-fitting cover. Brush with oil and sprinkle the remaining salt and pepper. Roast uncovered for 30 minutes or until lightly browned.

Reduce oven temperature to 350F. Insert meat thermometer in turkey thigh at thickest part. Add onion, garlic, cloves, bay leaf and basil to roasting pan. Pour chicken broth and wine over turkey. Cover pan tightly. Roast, basting every 30 minutes, for 2 1/2 hours, or until thermometer reaches 185F



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## 4-Week Sample Bodyweight Only Training Program— from [www.physicalliving.com](http://www.physicalliving.com)

Week one: perform sessions 1, 2, 1  
Week two: perform sessions 2, 1, 2  
Week three: perform sessions 2, 3, 2  
week four: perform sessions 3, 2, 3

Keep your technique rating high, your effort rating moderate to high, and your discomfort rating low throughout each exercise to maximize the benefits you'll receive.

### Session 1

3-4 rounds, 15 seconds rest between exercises, 1-2 minutes of rest at end of each circuit:

Bodyweight squats 30-45 seconds

Pushups 30-45 seconds

Pullups 30-45 seconds (or MAX set minus 1 rep, supplement negative reps or flexed-arm hangs for beginners)

repeat 3 times, 1 minute rest at end of each circuit:

Reverse lunges 30 sec./leg

Front plank 45 sec. – 1 minute

Superman hold 45 sec. – 1 minute

### Session 2

after warmup, repeat 3x

10 Squats with hands behind head

15 Jumping Jacks

10 Pushups

10 Band Rows

Repeat 3x

Step-ups onto box – 30 sec./leg

Bird dog exercise – 30 sec.

Weighted crunches – 30 sec.

Rest 30-60 seconds

Repeat 4-5x

Pushups – 30-45 sec.

Bodyweight Horizontal Rows with feet on floor or elevated – 30-45 sec. (or 1 rep short of MAX)

Rest 30 seconds between each exercise

Side Elbow Planks – 15-30 sec./side

### Session 3

repeat 3x

Burpees 30 seconds

Jumping Jacks 30 seconds

Jump rope 30 seconds (or mimic with ankle bounces)

Repeat 3x, 30 seconds rest between exercises

Bodyweight squats – 45-60 sec.

Single leg lying hip extension – 30 sec./leg

Front plank – 30 sec.

Side plank – 15 seconds per side

Forward lunges 30 sec./leg

Rest 60 seconds

Repeat 4x

Bench dips (or parallel bar dips) – 30-45 sec.

Pullups or Chinups – 30-45 sec. (or MAX set minus 1 repetition)

Rest 60 seconds

## Kansas City Area Run/walk events— from [www.runningintheusa.com](http://www.runningintheusa.com)



Photo courtesy of CDC.gov

Make running or walking an even for all ages.

1	Jun 6, 2015 Saturday	<u>Inspire Double Dipper 5K</u>  5K run	<u>Hays, KS</u>  Ellis
2	Jun 6, 2015 Saturday	<u>Junebug Jog</u>  5K fun run   track meet 	<u>Winfield, KS</u>  Cowley
3	Jun 6, 2015 Saturday	<u>Kansas Health Foundation River Run</u>  10K run   2M run/walk   kids run	<u>Wichita, KS</u>  Sedgwick
4	Jun 6, 2015 Saturday	<u>Prairie Burner 10K/5K/2M</u>  10K, 5K run   2M fun run	<u>Cottonwood Falls, KS</u>  Chase
5	Jun 6, 2015 Saturday	<u>Storm the Dam Trail Run Half Marathon</u>  13.1M, 10K, 5K run	<u>El Dorado, KS</u>  Butler
6	Jun 6, 2015 Saturday	<u>Twin Fun Run</u>  10K, 5K run/walk   1M fun run	<u>Oakley, KS</u>  Logan

## Kansas City Area Run/walk events— from [www.runningintheusa.com](http://www.runningintheusa.com)

7	Jun 6, 2015 Saturday	<u>WHS Band 5K Color Run</u> 5K novelty run	<u>Wamego, KS</u> Pottawatomie
8	Jun 7, 2015 Sunday	<u>Hell Creek on Heels 5K/15K</u> 15K, 5K trail run	<u>Wilson, KS</u> Ellsworth
9	Jun 7, 2015 Sunday	<u>Legend Triathlon</u> triathlon	<u>Lawrence, KS</u> Douglas
10	Jun 12, 2015 Friday	<u>Poyntz Avenue Mile</u> 1M run	<u>Manhattan, KS</u> Riley
11	Jun 13, 2015 Saturday	<u>5K for Relay</u> 5K run   1M fun run	<u>Lawrence, KS</u> Douglas
12	Jun 13, 2015 Saturday	<u>Color Me Rad - Wichita</u> 5K novelty run	<u>Wichita, KS</u> Sedgwick
13	Jun 13, 2015 Saturday	<u>Dam Near 5K Run</u> 5K run	<u>Jetmore, KS</u> Hodgeman
14	Jun 13, 2015 Saturday	<u>Ellis Riverfest Fun Run/Walk</u> 5M run   2M run/walk   kids run	<u>Ellis, KS</u> Ellis
15	Jun 13, 2015 Saturday	<u>Erek's Run</u> 5K run/walk	<u>Kansas City, KS</u> Wyandotte
16	Jun 13, 2015 Saturday	<u>Heroes for Hospice 5K</u> 5K run   kids run	<u>Overland Park, KS</u> Johnson
17	Jun 13, 2015 Saturday	<u>Longhorn Stampede</u> 10K, 5K run   kids run	<u>Holcomb, KS</u> Finney
18	Jun 13, 2015 Saturday	<u>Miles for Meals 5K</u> 5K run	<u>Olathe, KS</u> Johnson
19	Jun 13, 2015 Saturday	<u>Muddy 5K Chaos</u> 5K mud run	<u>Osage City, KS</u> Osage
20	Jun 13, 2015 Saturday	<u>On The Move For Cancer 5K</u> 5K run	<u>Ottawa, KS</u> Franklin
21	Jun 13, 2015 Saturday	<u>Party for Parkinsons</u> 5K run   1M walk	<u>Bel Aire, KS</u> Sedgwick
22	Jun 13, 2015 Saturday	<u>Triathlon - Mini Triathlon</u> triathlon	<u>Abilene, KS</u> Dickinson

## Going Green— from [www.usa.gov](http://www.usa.gov)

### GOING GREEN - BE A GREEN CONSUMER

"Going Green" means practicing an environmentally friendly and ecologically responsible lifestyle as well as making decisions to help protect the environment and sustain natural resources. There are lots of reasons to consider going green—too much trash, greenhouse gases, air and water pollution, damage to the ozone layer, and saving money. For example, switching all the light bulbs in a home from conventional incandescent light bulbs to compact fluorescent light (CFL) bulbs could save about \$40 over the life of the bulb. Other examples include:

- Turning your thermostat down two degrees in winter and up two degrees in summer.
- Making sure your walls and ceilings are well insulated.

Replacing bathroom and kitchen faucets with low-flow models.



### REUSING AND RECYCLING

Along with buying greener products, you can make a big impact by using the products you buy in ways that respect the environment by: using fewer products and following instructions for product use; conserving energy, water, and materials; recycling items made of materials such as glass, metal, plastic, or paper or disposing of products properly.

Many utility companies now offer curbside recycling programs that provide U.S. households with a responsible and convenient way to recycle materials. To locate information on recycling services and efforts in your area, call the Earth 911 toll free hotline, 1-800-CLEANUP (253-2687).

It is easy to safely dispose of many products. Others, such as car batteries, cell phones, televisions, paints, oils, and solvents, require special handling. You can responsibly dispose of these products through your local household hazardous waste (HHW) collection facility or at your local government's annual HHW collection day. Some items may be given to charitable organizations or even dropped off at electronics retailers. Contact the Earth 911 to help you make the right decisions about the best way to dispose of waste.